



February

2021

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|----------------------|--|--|--|---|--|---|
| 31 | 1 | 2 | 3 | 4 | 5 | 6 |
| | WFGT 5:15am 6:45am 8:15am 9:45am 11:15am 5:30pm | <u>NAMASTE FIT YOGA</u> 5:30 & 7:00am <u>DEEP FLOW YOGA</u> 9:00am NEW- <u>SLOW FLOW YOGA</u> 5:30pm | WFGT 5:15am 6:45am 8:15am 9:45am 11:15am 5:30pm | <u>NAMASTE FIT YOGA</u> 5:30 & 7:00am NEW- <u>DEEP FLOW YOGA</u> 9:00am NEW- <u>VINYASA FLOW</u> YOGA 5:30pm | WFGT 5:15am 6:45am 8:15am 9:45am 11:15am | <u>NAMASTE FIT YOGA</u> 9-10 am NUTRITION CLASS 11:30 am |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| | WFGT 5:15am 6:45am 8:15am 9:45am 11:15am 5:30pm | <u>NAMASTE FIT YOGA</u> 5:30 & 7:00am NEW- <u>DEEP FLOW YOGA</u> 9:00am NEW- <u>SLOW FLOW YOGA</u> 5:30pm | WFGT 5:15am 6:45am 8:15am 9:45am 11:15am 5:30pm | <u>NAMASTE FIT YOGA</u> 5:30 & 7:00am NEW- <u>DEEP FLOW YOGA</u> 9:00am NEW- <u>VINYASA FLOW</u> YOGA 5:30pm | WFGT 5:15am 6:45am 8:15am 9:45am 11:15am | <u>NAMASTE FIT YOGA</u> 9-10 am |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| Happy Valentines Day | WFGT 5:15am 6:45am 8:15am 9:45am 11:15am 5:30pm | <u>NAMASTE FIT YOGA</u> 5:30 & 7:00am NEW- <u>DEEP FLOW YOGA</u> 9:00am NEW- <u>SLOW FLOW YOGA</u> 5:30pm | WFGT 5:15am 6:45am 8:15am 9:45am 11:15am 5:30pm | <u>NAMASTE FIT YOGA</u> 5:30 & 7:00am NEW- <u>DEEP FLOW YOGA</u> 9:00am NEW- <u>VINYASA FLOW</u> YOGA 5:30pm | WFGT 5:15am 6:45am 8:15am 9:45am 11:15am | <u>NAMASTE FIT YOGA</u> 9-10 am |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| | WFGT 5:15am 6:45am 8:15am 9:45am 11:15am 5:30pm | <u>NAMASTE FIT YOGA</u> 5:30 & 7:00am NEW- <u>DEEP FLOW YOGA</u> 9:00am NEW- <u>SLOW FLOW YOGA</u> 5:30pm | WFGT 5:15am 6:45am 8:15am 9:45am 11:15am 5:30pm | <u>NAMASTE FIT YOGA</u> 5:30 & 7:00am NEW- <u>DEEP FLOW YOGA</u> 9:00am NEW- <u>VINYASA FLOW</u> YOGA 5:30pm | WFGT 5:15am 6:45am 8:15am 9:45am 11:15am | <u>NAMASTE FIT YOGA</u> 9-10 am |